

Hoping to make a big splash



EDMONTON • TUESDAY, AUGUST 5, 2008

metronews.ca



Boy George opens up about drugs

Castro calls Edmonton 'a garbage dump'

JEFF CUMMINGS
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DEFLECTIONS Former Cuban leader Fidel Castro is trashing Edmonton after three young baseball players defected during the IBAF AAA Baseball Championships here.

"Edmonton has become a garbage dump," said Castro in an English-translated Internet column in Cuba's daily newspaper, the Granma on Friday.

"The Cuban athletes were not well looked after... We should analyze whether it is worth attending that tournament.

"Why are the rich and powerful afraid of our small and blockaded island," wrote Castro who added the defections have cost Cuba five gold medals in the upcoming Beijing Olympics.

The team's star pitcher, Noel Arguilles and shortstop Jose Antonio Iglesias ditched the Cuban squad after a team meal July 27. Pitcher Raydel Sanchez went missing before Cuba's bronze medal win against Australia over the weekend.

World page 6

Bomb attacks kill 16 police in Western China

Entertainment page 12



Actress fighting breast cancer

Heritage Days **Sunshine**

on the grill



Judith Ngoya, left, and Micheline Matara of the Congo-Kinshasa Society tend to some ethnic meats on the grill at Heritage Days yesterday at Hawrelak Park. Sunny weather brought out droves of people to the festival. Story, page 4.

Greyhound accused on heavy suicide watch

JEFF CUMMINGS
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A 40-year-old Edmonton man accused of repeatedly stabbing and beheading 22-year-old Winnipegger Tim McLean on a Greyhound bus remains on suicide watch, says an employee at the Winnipeg Remand Centre.

During a brief phone interview with Metro yesterday, the employee said Vince Li has been moved into the centre's segregation unit and is currently being watched by five guards.

"That's all I can say at this point," said the employee who wanted to remain anonymous.

Online vandals target victim's group site

Online vandals briefly targeted a group Facebook site created by friends and family to remember a 22-year-old Winnipegger who was beheaded on a Greyhound bus.

In one wall posting on the group site R.I.P Tim McLean, a person under the name Tim McLean, said he had to get off the site to find his

head, while another posting from a Facebook user under the name Vince Li said he was still looking for the head.

The wall was pulled down by the group's administrators by 1:30 p.m. yesterday. The group had close to 89,000 members as of yesterday afternoon. **METRO EDMONTON**

Li, who faces a second-degree murder charge, has refused to speak to a lawyer and admitted he's suicidal, the Winnipeg Free Press reported.

Li was fired from his job at an Edmonton Wal-Mart a month

ago over a disagreement with another employee, reported Edmonton media outlets, and he was once a carrier for the city's two paid daily newspapers.

Thousands of mourners from across the country are also flood-

ing the social networking site, Facebook, to remember McLean, who has been described as someone who will "always make people laugh" by his friends.

A number of groups have been created on the site to remember McLean, including R.I.P Tim McLean. "Everyone heard the story, to see the poor young guy really hits home," wrote Vancouver resident Christina Stevens on the group's wall. "My son is 18. I can't imagine the shock, heartache you are all going through. My sincere condolences."

Li, who had no previous history with police according to RCMP, is expected to make another court appearance.

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Playboy casting call

Playboy golf representatives will be casting girls to host the 2008 Playboy Scramble on Sept. 4 at the Links Golf Course. Casting calls held at Touch Ultra Lounge at River Cree, Whitemud Drive & Winterburn Road. Casting calls are held from 8-11 p.m. tomorrow and Thursday. **METRO EDMONTON**

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Local



Cats take on Scorpions tonight

The Cracker-Cats take on the Yuma Scorpions tonight at Telus Field. This is the first game of a three-game series. Gates open at 6:05 p.m., first pitch goes at 7:05. Tickets start at \$8.

METRO EDMONTON

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Citytv

ROGERS

Singing support for Aboriginal students

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

Canadian music legend Susan Aglukark says there are a staggering number of Aboriginal students who are dropping out of school, and that she's now using her influence and experience to help change the course for some struggling to stay afloat.

"I never set out to become a singer-songwriter, and this career came with many moments of hesita-



"I never set out to become a singer-songwriter and this career came with many moments of hesitation ..."

Susan Aglukark

tion and fear of not really knowing what I was getting myself involved in, and I had to figure out how to confront that stage fear and the inadequacy that I didn't quite belong," said Aglukark in Edmonton yesterday. "There are parallels between that experience and Aboriginal students in a university environment."

The three-time Juno winner began a distinguished new position at the University of Alberta on July 1, and is the school's newest scholar in residence.

For a few days each month, Aglukark will be immersed in Native Studies, and is tackling the issue of keeping Aboriginal students in classes, as dropout rates are consistently high among Aboriginal students. "The fear of the unknown is not exclusive to Aboriginal people. We all are challenged with those major turning points in our lives, and I think it's important to remember we're not singled out and figure out how to deal with those fears."

Aglukark said taking the job was the next natural step for her, as she knows the struggle of trying to make it as an Aboriginal in a competitive industry.

"When students realize I didn't grow up with a silver spoon in my mouth and that I overcame fear and isolation, they might be able to become engaged in their own lives and realize that they need to do what they love."

Rundle Park Rolling on the river



Mark Olsson practises his eskimo roll on a pond at Rundle Park yesterday. Olsson, who has been whitewater kayaking for two seasons, was refining the manoeuvre before hitting the river again.

Husband charged with downtown murder

REFUGEE The husband of a Cambodian refugee found dead inside a downtown apartment last week faces a second-degree murder charge in relation to her death.

Narin Sok, 49, was offi-

cially charged Saturday, police said.

Police say its Crisis Response Team located the suspect in an apartment at 109 Avenue and 106 Street.

When the team entered the apartment, the man

was found, along with the woman's body.

An autopsy was done on Deang Huon, but police will not release how the 40-year-old woman died as detectives continue with the investigation. **METRO EDMONTON**

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What's online today.

Read Allan Small's investment advice, a recap of the weekend's Lollapalooza music festival in Chicago and reviews of the video games Overlord: Raising Hell and NCAA Football 09.

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The summer sounds of dub reggae music that fill the air on Tuesdays Dub @ the Dog on the Black Dog Wootop Patio will be joined by the South Rakkas Crew on Aug. 19, a fusion of dancehall and electro music tearing up the scene from 7 p.m. to 3 a.m. Cover is free but space is limited. **METRO EDMONTON**

Heritage fest continues to impress

VICTORIA HANDSIDES
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For one weekend each summer, Hawrelak Park is the cultural centre of the universe, bringing the world together for three days under the summer sun.

Though indecisive weather kept some away, Heritage Festival event organizers said the 33rd annual celebration of culture was a great success.

"This is the single most exciting thing," said event organizer Jack Little, while scanning the massive crowd in the middle of the park. "I see all kinds of ages, costumes, complexions, and everyone has a smile on their face having a good time."

Almost 400,000 people trampled the grass at the park over the weekend, many of whom waited patiently to board ETS buses to attend the event, as public parking is strictly prohibited each year.

The traditionally long lineups for ethnic foods were a bit shorter and quicker at this year's festival, which saw fewer attendees than in previous years.

Tents, many of which cast everything inside in an eye-assaulting red hue, were filled with 85 cultures from 62 nations, which this year included Iraq, back from a 10-year hiatus.

Though countries with names that had nations scratching their heads like Azerbaijan and Eritrea were represented, notably



Artist Khaled Safi performs his middle-eastern craft of creating detailed scenes out of sand within a glass bottle for festivalgoers.



Children perform a traditional Philippine dance.

absent from the lineup of pavilions was a Canada tent.

"It seems like a no-brainer," said festival-goer Mike Hudson. "I know we're a country built on immigrants, but why can't we show a little national

pride? A Canada tent would have pulled together this entire concept and shown how diverse we really are."

By midday yesterday, volunteers still hadn't collected the goal weight of 50,000 pounds of donated food for the Edmonton Food Bank, but said they were holding out hope until the final count at the end of the day, but that the event was an overall success regardless.

"All in all, we wanted to grow public awareness and understanding through a festival," Little said. "Looking around, we've got the biggest multicultural festival of its kind in the whole world in one physical location. If we can do it here, why can't we do it around the world."



Members of the Aviv Dancers perform a traditional Israeli dance on a stage near the Israel tent at Heritage Days yesterday morning in Hawrelak Park.

Food tents offer a little of everything

VICTORIA HANDSIDES
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TASTES The food at this year's Heritage festival was yet again, not only out of this country, but out of this world.

Among the satays, elephant ears and assortments of meats on rice, were a few dishes that stood out, all served on biodegradable dishes.

The Ethiopian-bordering country of Eritrea made up in flavour what the small nation lacks in size, serving traditional fare like Tzebbi Zingi, a stewed-beef and chili dish served and eaten by ripping pieces of

"I made him promise this year not to eat the heads though if he wants a ride home after."
Jen Short

crepe bread, or Injera.

"Spicy food usually isn't easy to take on a hot day," said Colaeh Khufar, while sampling some Eritrean food. "I like it very much though and it is worth the heat."

The Nicaraguan tent served up something a little outside its borders, and added a little Colombian flavour to the weekend.

"I'm glad nobody knows what this is, because I'd look like a pig if they did," said Pam Zhang, before taking a bite of a Bunuelos, a Colombian cheese-filled doughnut, which oozed out of the sides with every bite.

One dish looked a little suspect, staring back at you from the plate.

"I can hardly watch him eat these and he does it every year," said Jen Short, as her boyfriend Steve devoured the first of three whole fried sardines from the Portuguese tent. "I made him promise this year not to eat the heads though if he wants a ride home after."



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Canada

HIV treatments just as effective on drug addicts

Drug abusers benefit just as much from HIV drugs as people who are infected sexually or some other way, Canadian researchers reported Sunday. Their findings contradict widespread worry that drug abusers cannot stick to treatment. In many places, drug users are less likely to be prescribed the lifesaving drugs. **REUTERS**

Canada

"The woman and the child had been stuck in the car and the car ran away in the water."

Sgt. Marc Butz of Quebec provincial police speaking about the search for a woman whose car plunged into a lake. Her son was found dead.



Drowning

Witnesses said the car went into the lake from a washed-out section of road in Quebec's eastern Témiscouata region.

SOURCE: CBC NEWS ONLINE

Pam keen on KFC's new bird

JEFF HODSON
Metro Canada



One of B.C.'s biggest stars ended her public feud with fast-food giant KFC in Vancouver yesterday.

Pamela Anderson rolled up to a KFC on Davie Street just after noon yesterday to mark the end of a Canadian campaign against KFC by the People for Ethical Treatment of Animals (PETA).

"The colonel would be pleased to have Pamela Anderson support his new faux-fried chicken sandwich," said Nicole Matthews, a campaigner with PETA.

Wearing large dark sunglasses and a black PETA T-shirt, the 41-year-old actress stepped out of a black SUV and greeted fans and



PETA supporter Pamela Anderson ended her feud with fast-food giant KFC yesterday and ordered a faux chicken sandwich at a KFC in Vancouver.

curious onlookers.

Amid a swarm of cameras, she marched into the restaurant, ordered a new

faux-chicken vegetarian sandwich and wolfed it down on the sidewalk while giving photogra-

PETA campaign

• PETA's campaign against KFC continues around the world and in the U.S.

phers the thumbs up.

Anderson, who was born in Ladysmith, B.C., and was discovered at a B.C. Lions game, has been among those attacking the fast-food restaurant for the past five years over the way its chickens are farmed and slaughtered.

Anderson even narrated a PETA documentary about the chickens' treatment.

However, over the past couple months, KFC in Canada has worked with PETA to improve the welfare of birds, including changing the way chickens are killed by the fast food company.

Another foot turns up on Washington beach

JOYCE YIP
for Metro Canada



speculation

• Clallam County Sheriff's deputies began working with the RCMP on Saturday. Local authorities were hesitant to speculate on whether there is a link between the cases.

• The five athletic shoes containing human feet have been found along the Strait of Georgia between Vancouver Island and the British Columbia.

B.C. FEET A shoe with flesh and bones inside has been found on a Washington State beach.

U.S. investigators have contacted the RCMP to see if the remains are linked to the five dismembered feet found on B.C. beaches in the past year.

Ron Peregrin, Clallam County undersheriff, told media the remains look like a human right foot in a male athletic shoe, but further examination is needed, CBC News Online reports.

In June, what initially looked like a sixth foot found on a B.C. beach turned out to be a hoax us-

ing animal bones.

These latest remains were found on a beach about 50 kilometres west of Port Angeles in the Strait of Juan de Fuca.

DNA test results are expected in about six weeks time.

So you want to be a superhero?

NEW BOOKS So you're in a bit of a career rut.

If you're willing to train for the next 15 years, here's one option: You could become Batman.

But before you quit your present job, consider this: You'll also need billions in the bank, the right genes, an overwhelming desire for revenge after a traumatic childhood event — and the ability to work the night shift.

Becoming Batman, a study of the mental and physical toll it would take to become the superhero, by University of Victoria kinesiologist and neuroscientist Paul Zehr, is due to be released in October.

Zehr isn't the only one looking at superheroes through the eyes of a scientist though. Physics professor Jim Kakalios at University of Minnesota professor who wrote the book *The Physics of Superheroes*, says the idea behind the books is to show how fantasy would apply in real life.

TORSTAR NEWS SERVICE

Sikhs reject Harper apology

JOYCE YIP
for Metro Canada



REFUGEES Sikh community leaders say the apology made by in Surrey by Prime Minister Stephen Harper for the Komagata Maru incident wasn't enough.

Harper apologized to a crowd of about 8,000 people on Sunday for the 1914 incident, where hundreds of would-be Indian refugees were turned away

after arriving at the Vancouver harbour.

The Komagata Maru eventually sailed back to Calcutta, where 20 people were killed and others were jailed.

The Sikh community is asking for a full apology from Parliament, but Secretary of State Jason Kenney said the apology has been given and won't be repeated.

Last May, the B.C. government issued an apology for the incident.

Ottawa Rideau Canal Festival



Re-enactors depicting the Royal Sappers and Miners, the engineers who directed construction of the Rideau Canal, walk across the locks where the canal flows into the Ottawa River yesterday during the closing day of the Rideau Canal Festival, which coincided with Colonel By Day in Ottawa

News in brief

PLANE CRASH FIRE A fire broke out aboard a plane after it crashed Sunday on northern Vancouver Island. The pilot and four of six passengers were killed, a survivor said yesterday. **METRO NEWS SERVICES**

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Oscar-winning U.S. actor Morgan Freeman was hospitalized in serious condition yesterday with a broken arm and other injuries after the car he was driving careened off a rural highway in Mississippi and rolled several times, authorities said. **REUTERS**

Morgan Freeman in serious condition

World/Business

16 Chinese police dead in bomb attack

100,000 cops and soldiers ready for Olympic opening

Suspected Muslim separatists with homemade bombs killed 16 police in Western China yesterday, state media said, reporting one of the worst attacks by militants on Chinese soil just four days before the Olympics.

The attack, about 4,000 km from the capital in the old Silk Road city of Kashgar, was a reminder of internal tensions in China, especially in its largely Muslim west.

Police had warned ethnic Uighur separatists were planning attacks in the

Return of the smog

Beijing's pollution-fuelled haze was back yesterday after three rare blue-sky days, but authorities said air quality was fairly good. The Communist

government says drastic measures — like ordering nearly 2 million of the city's cars off the road and closing smoke-belching factories — have helped.

run-up to the Games. They said they arrested the two attackers in Kashgar and identified them as Uighurs.

China's President Hu Jintao told a meeting of the International Olympic Committee (IOC) the Games would display the desire of the world's most

populous country to join with the rest of the planet in "building a bright future."

The Beijing Organizing Committee of the Games said it was sure athletes and spectators would be safe, while the IOC also reassured millions of visitors

and more than 10,000 athletes taking part in what it called a "landmark event."

"The IOC is confident the Chinese authorities have done everything possible to ensure the security and safety of everyone at the Games," it said in a statement.

About 100,000 police and soldiers are on standby ahead of Friday's opening ceremony, and security has been stepped up in Tiananmen Square, scene of the 1989 pro-democracy uprising, with all visitors' bags being screened. **REUTERS**

Business

Active traders replace day traders of 1990s

DISCOUNT A growing number of Canadians are becoming "active traders," embracing volatile stock markets instead of shying away, say discount brokerages.

While active traders — those who buy or sell at least 10 times a month — make up only about 3 per cent of an estimated three million online accounts in Canada, they are responsible for about a third of overall trading volume.

Experts say recruits are getting on board because of vastly improved technology, a plethora of available research and sizeable fee reductions in recent

Trader vs. trader

John See at TD Bank Financial Group says active traders are older, better-educated and wealthier than the day traders of the 1990s and have interest in fundamentals. Their demographic is also shifting to women and immigrants, particularly Chinese.

months. Most brokerages slashed fees to less than \$10 a trade last fall.

TD Waterhouse, Canada's industry leader, says its retail trade volume is up nearly 35 per cent year over year based on data for the month of June.

TORSTAR NEWS SERVICE

Climber safe after 11 die

K2 Rescuers have reached an Italian mountaineer who refused to succumb to frostbite and exhaustion on K2 after 11 other climbers perished on the world's second-highest mountain, a Pakistani guide said yesterday.

"Marco (Confortola) is being accompanied by four rescuers and most probably, he'll be brought tonight to the Advance Base Camp (ABC) that is at an altitude of 6,000 metres," Sultan Alam, a Pakistani guide, told Reuters from K2 base camp.

REUTERS

Russia Author mourned



Children leave flowers at the gates to the house of Alexander Solzhenitsyn, an author critical of the tyranny of the Soviet rule, in the outskirts of Moscow. Russians yesterday mourned Solzhenitsyn, who died of heart failure late Sunday in his home outside Moscow at the age of 89.

REUTERS/ALAN HARRIS

Pension fears rise as GM sputters

PROBLEMS As General Motors Corp. struggles with its massive financial problems, company pensioners and senior employees in Canada fear monthly payouts would be slashed dramatically if the auto giant goes into Chapter 11 bankruptcy protection U.S.

Actuaries estimate GM's pension plan for 43,717 hourly rated employees, retirees and survivors in Canada would be short 43.5 per cent of the money needed to pay all pension promises if GM failed, based on estimates as of November of 2006.

TORSTAR NEWS SERVICE

Honda facing supply shortage

CARS Honda Motor Co. said yesterday its output of passenger cars would fall short of demand at least to next March as fuel prices force customers to look for smaller cars. To ease the shortage, Honda plans to transfer production in Ontario of the Ridgeline pickup truck to Alabama to make more room for Civics in Canada. **REUTERS**

In brief

PIPELINE TransCanada Corp. on Friday won Alaskan legislative approval to build and operate a huge pipeline to ship natural gas from the North Slope to U.S. markets. It estimates the cost at \$26 billion. **REUTERS**

News in brief

ENVIRONMENT An assessment for an IUCN "Red List" of endangered species released yesterday found that 48 per cent of the world's monkeys

and apes are facing a worsening threat of extinction because of deforestation and hunting. **REUTERS**

REUTERS

Edouard shuts Gulf refineries

STORM Tropical Storm Edouard disrupted shipping, cut refinery production and shut some offshore oil and natural gas output yesterday as it churned across the Gulf of Mexico toward landfall along the upper Texas Coast today. **REUTERS**

REUTERS

U.S. crude oil futures hit a three-month low of \$119.50 a barrel yesterday before settling down \$3.69 at \$121.41 as signs of a slowing U.S. economy and rising supply from OPEC outweighed storm fears.

Israel sends 88 Gazans to West Bank

WEST BANK Israel drove 88 Palestinians allied to President Mahmoud Abbas to the West Bank yesterday, two days after they fled clashes with Hamas in Gaza that cemented the Islamist group's hold on the coastal enclave. **REUTERS**

Their two-bus convoy was escorted by Israeli police and army vehicles across Israel to the Palestinian-run town of Jericho and the men were taken to a security compound controlled by Abbas' Fatah-dominated forces.

REUTERS

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business 7

Your Money

YOUR MONEY EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Anticipating the delights of tax-free savings accounts

SmartCookies



smartcookies.com

We'll admit we did a little happy dance when we heard that the federal government will be offering tax-free savings accounts (TFSA) to taxpayers 18 years and older in 2009.

Let's be real — it's not every day our government introduces a new tax savings vehicle. You can be sure that we'll be some of the first in line to register and we think you should be too.

With the introduction of tax-free savings accounts, the government hopes to motivate Canadians to contribute towards their sav-

ings. As of Jan. 1, 2009, Canadians will be able to deposit up to \$5,000 each year into these new tax-free savings accounts. The accounts will enable individuals to save for future investments, perhaps a new home, car or child's education, and earn interest on these funds without being taxed on the earnings.

Similar to an RRSP, unused savings contributions can be carried forward to the next year. So if you don't contribute \$5,000 one year, you can contribute more than \$5,000 the next year. And, unlike an RRSP, Canadians will not be penalized for withdrawals. In fact, withdrawing funds will create space for future contributions — we love it!

We became even more excited when we started crunching the numbers and worked out the potential tax savings. Because the interest income earned

within a TFSA will not be taxed, a Smart Cookie contributing \$200 a month to a TFSA for 20 years will accumulate about \$11,045 more in savings than if the investment had been made in a taxable savings account. We're sure you could find creative ways to put \$11,000 to good use.

Already a number of major Canadian banks are gearing up to offer these tax-free savings accounts. For example, ING Direct, one of our favorite institutions for GICs and high interest accounts, has begun promoting the top 10 benefits of the tax-free savings account. So if you weren't motivated to save before, you have less than six months to get ready to save and invest in a bright new future. As our friends at ING say, there's no such thing as savers' remorse.

Tune in Wednesday night at 9 p.m. EST/PT on the W Network and be sure to visit smartcookies.com for more tips.

Investment Perspective

Read this week's column at metronews.ca

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

The not-so-fine line between a hobby and a commercial enterprise

Q I've worked in retail for more than four years. However, my passion is photography. This year, I spent more than \$3,000 on photographic equipment which I used extensively on my last vacation. My boyfriend suggests I register a business and deduct these as costs. Is that possible?

Teresa

A Expenses incurred for the purpose of earning business income may be deducted for tax purposes. These would include such costs as advertising, office supplies, accounting and legal fees, auto expenses, material costs, etc. A family trip to Disney and pictures with Mickey would not be deductible.

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

"Costs incurred in the enjoyment of ... (a) hobby are not deductible for tax purposes."

Costs incurred in the enjoyment of an individual's hobby are not deductible for tax purposes. The act of registering a business in itself doesn't necessarily mean the entity qualifies as a business for tax purposes.

Those who pursue activities such as art, music, photography, writing and the like as hobbies should be diligent that their activities are commercial in nature if they're going to claim expenses. Proper books and

records are essential in making legitimate claims. Here are some factors the tax courts may use to determine if expenses are legitimate claims:

- Expenses incurred for earning income.
- Reasonable expectation of profit.
- Intention of individuals.
- Time devoted to business enterprise.
- Capital utilized.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcg@yahoo.ca.

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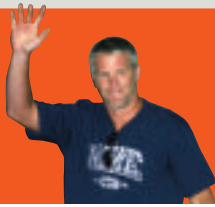
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Boston Red Sox left-hander Jon Lester was named the American League's Pitcher of the Month for July, posting a 3-0 record with a 2.05 earned run average. For the season, Lester is 10-3 with a 3.14 ERA and 101 strikeouts in 146½ frames. **METRO NEWS SERVICES**

Lester named top AL pitcher for July

Sports

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA



Favre reinstated, back with Packers

The NFL officially reinstated veteran quarterback Brett Favre, left, yesterday, clearing the way for his return to the Green Bay Packers. NFL commissioner Roger Goodell's announcement ended constant media speculation on the 38-year-old's playing status after he had retired earlier this year. Meanwhile Goodell has completed his review of tampering charges levied by the Green Bay Packers against the Minnesota Vikings involving quarterback Favre and said no league rules were violated.

Don't expect a golden Games

YorkReport

Marty York

marty.york@metronews.ca

With apologies to world-champion kayaker **Adam van Koeverden**, and perhaps a few others in this country, there will be no gold medals for Canadians at the coming Olympics in Beijing.

So says **Daniel K. N. Johnson**, an economics professor from B.C. who devised a formula in 1999 that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

Johnson is predicting Canada will finish 16th in Beijing. Before the Athens Olympics in 2004, he predicted the United States would win 103 medals, including 37 golds. The U.S. team wound up with exactly 103 medals, 35 of which were gold. His formula's

Professor Daniel Johnson's predictions

- U.S.A.: 103 medals, 33 gold
- Russia: 95 medals, 28 gold
- China: 89 medals, 44 gold
- Germany: 66 medals, 18 gold
- Japan: 37 medals, 16 gold
- Hungary: 31 medals, 10 gold
- Italy: 29 medals, eight gold
- G. Britain: 28 medals, three gold
- France: 27 medals, five gold
- Australia: 26 medals, two gold
- S. Korea: 24 medals, six gold
- Poland: 24 medals, six gold
- Bulgaria: 23 medals, six gold
- Netherlands: 22 medals, six gold
- Sweden: 19 medals, six gold
- Canada: 17 medals, no gold

overall medal accuracy exceeds 94 per cent.

Johnson, who teaches at Colorado College, uses a formula that considers per capita income, population, climate, political structure and home-nation advantage.

"We use no information about athletes, about their training programs, about how they've done in previous games," Johnson said. "It's just pure economics."

His formula's success rate has beaten "every bookie on the market," he said. "It's beaten Sports Illustrated and all the Olympic committees, national and international. It surprises even us that such a simple model performs

so very well."

• **Ron Lancaster** was a great CFL quarterback, but he also smoked a lot and, sadly, we're told he's battling lung cancer. He personally asked former Tiger-Cat assistant coach **John Salavantis** to replace him recently as Hamilton's radio analyst ... Speaking of the Ticats, don't be surprised if **Charlie Taaffe** is replaced as their head coach if his team loses to the Toronto Argonauts Thursday ... And don't be surprised also if **Doug Berry** is out as the Blue Bombers' head coach if Winnipeg loses to the Montreal Alouettes Friday. ... Both Hamilton and Winnipeg are three-point un-

derdogs at home this week ... And how the heck did referee **Jake Ireland** make yet another blunder by believing Calgary linebacker **Jojuan Armour** deliberately knocked down an umpire early in the Stampeders' loss Saturday? How could Ireland eject Armour? Isn't it time for the CFL to eject Ireland? Permanently?

• **ESPN's E.J. Hradek** on the Vancouver Canucks: "They're going nowhere. (New general manager) **Mike Gillis** doesn't know what he's doing."

• **Rogers Sportsnet's** and **CBC's Rance Mulliniks** on ex-superstar **Carl Yastrzemski**: "He literally carried the Boston Red Sox on his back in 1967."

Literally? Man, they must have been heavy.

When will the networks pull the plug on Mulliniks? He's almost as embarrassing to them as Ireland is to the CFL.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Maciocia doubters are quiet these days

CapitalSports

Robin Brownlee



Danny Maciocia's many critics don't have too much to say right now with the Edmonton Eskimos boasting a 4-2 record after a 35-24 win over the B.C. Lions. The silence is welcome.

The same people who dubbed Maciocia a stooge and a goner after the Eskis struggled to a 5-12-1 record last season, were buzzing again after a 34-13 butt-kicking at the boots of the Saskatchewan Roughriders to open this season.

Five games later, an unlikely 4-1 stretch in which the Eskis have endured season-ending injuries to **Fred Perry** and **Jason Tucker**, not to mention being without **Adam Braidwood** and **Dan Comiskey**, those insisting Maciocia wasn't the man for the job have put a cork in it.

If Thursday's inspired win over the Lions proved anything, it's that this Eskis team is as close-knit a group as any in recent memory, a team willing to play for the next guy — especially when that guy is sitting in the press box with a collar on a surgically repaired broken neck, as Tucker was.

That kind of cohesiveness counts for a lot. So does having depth, more talented players in skill positions and assistant coaches with chemistry. Suffice to say, this edition of the Eskis is superior to the 2007 team in all four areas.

Maciocia? He's the same "bum" who had one foot out the door after last season. Funny how that works.

MONEY TALKS

Last week's announcement that **Kevin Lowe** was being bumped upstairs as the Edmonton Oilers president of hockey operations so **Steve Tambellini** could take over as GM has the fingerprints of new owner **Daryl Katz** all over it. That's a good thing.

Given the demands of running an NHL team these days, it's a move that probably should have been made when the Oilers emerged from the lockout, but that would've been a hard sell under the Edmonton Investors Group.

As the Detroit Red Wings have proven, a team can never have too many good hockey minds, and Tambellini certainly qualifies as that. Still, adding a management salary of something in the neighbourhood of \$1 million for a new GM and kicking Lowe upstairs wasn't going to happen under the EIG, especially when you consider extending Lowe's contract in the first place was a matter of much debate among the EIG board.

No debate here, Katz, it's obvious, is willing to pay the price for success. He's got the only vote that counts.

WHILE I'M AT IT ... as witty as the nickname was, **Kamau Peterson** shouldn't be called Kamau "Incomplete" ever again with the way he's responded since Tucker went down while it was somewhat understandable Tambellini was passed over for the GM's job in Vancouver in favour of **Dave Nonis**, the writing was on the wall for Tambellini when owner **Francesco Aquilini** brought in former agent **Mike Gillis**, a move that all but guarantees the Canucks will finish 13th this season.

In a decade covering the Edmonton sports scene, Robin Brownlee has been the news-breaker and insightful voice for sports fans in Oil Country.

Safe Blue Jays take down A's 6-1



Toronto Blue Jays' David Eckstein, left, scores in the eighth inning despite the efforts of Oakland Athletics catcher Kurt Suzuki, right, to hang on to the ball with the tag in last night's game. Jays starter Roy Halladay allowed only four hits over eight innings leading Toronto to a 6-1 win over the A's

Sports in brief

NHL The San Jose Sharks resigned forward Ryane Clowe to a one-year contract yesterday. Clowe was limited to 15 games in 2007-08 after a knee injury suffered in late October kept him out of action until the tail-end of the regular season. He posted three goals and eight points with 22 penalty minutes.

NFL Carolina Panthers star receiver Steve Smith returned to practice yesterday for the first time since breaking the nose of teammate Ken Lucas during a sideline fight.

NFL Denver Broncos wide receiver Brandon Marshall will reportedly be suspended for the start of the regular season for violating the NFL's personal conduct policy. According to the NFL Network, Marshall will likely be suspended for three games.

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Cincinnati 6 Milwaukee 3
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TODAY'S GAMES
AMERICAN LEAGUE
Oakland at Toronto, 5:07
Cleveland at Tampa Bay, 5:10
N.Y. Yankees at Texas, 6:05
Boston at Kansas City, 6:10

Detroit at Chicago W. Sox, 6:11
Baltimore at L.A. Angels, 8:05
Minnesota at Seattle, 8:10
NATIONAL LEAGUE
Houston at C. Cubs, 12:20
Florida at Philadelphia, 5:05
San Diego at N.Y. Mets, 5:10
Milwaukee at Cincinnati, 5:10
L.A. Dodgers at St. Louis, 6:15
Washington at Colorado, 7:05
Pittsburgh at Arizona, 7:40

Atlanta at San Francisco, 8:15
CFL
WEEK 6
FRIDAY'S RESULT
Toronto 19 Winnipeg 11
SATURDAY'S RESULT
Saskatchewan 22 Calgary 21
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& 49. Bonus 34.
Results not official

Women's soccer team takes to the field

The Canadian women's soccer team take on Argentina at 3 a.m. tomorrow to open their medal bid. **METRO NEWS SERVICES**

sports **9**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONWS.CA

Hayden looks to medal

Swimmer from Mission, B.C., hoping to make a splash at Olympics

MARTY YORK
Metro Canada

Only one Canadian, we're told, has any shot whatsoever of making a big splash in the swimming pool at the Olympic Games in Beijing.

He's a world champion — Brent Hayden of Mission, B.C. — but, frankly,

we can't even be overly optimistic about his chances.

"He should make the final," says Byron MacDonald, CBC's swimming analyst, "but I don't think he'll reach the podium."

So how can a 24-year-old world champion in the prime of his career not be a medal favourite?

Well, first, let's clarify: Hayden is actually the

world's co-champion, because he and Italy's Filippo Magnini were co-winners of the men's 100-metre freestyle race during last season's world championships. Second, Hayden's best time of 48.30 would only place him ninth in the world at this point. And, third, Hayden suffered a back injury in the winter, which appears to have slowed him down — at least a bit.

And you wouldn't believe how he was hurt. It wasn't in a pool or in a gym. No, it happened while he was, er, modelling for a photo shoot. (He was promoting the Speedo LZR suit in Los Angeles in March.)

"All the hours of posing," he said. "The back just tightened up on me."

While he still competed at the Canadian Olympic trials in April and won his 100-metre freestyle race, Hayden was rushed afterward to hospital, where tests revealed a small, nerve-touching bulge in a lower-back disk.

Training has been difficult for him since, but he insists he's ready for the Olympics.

Even asthma, which he was diagnosed with two years ago, doesn't discourage him.

"There'll be no excuses," he said. "I'm going for gold."

As soon as he got gold at the 2007 world championships in Australia, Hayden became recognized as the one Canadian swimmer with a legitimate chance to earn an individual medal in Beijing. He is also a podium threat with the rest of the men's 4x200-metre free-

style team.

The pressure's on, certainly, but "my relaxed attitude keeps me grounded," he said. "I want to win a medal and I'm not worried about what other people expect."

Hayden has overcome adversity before.

Shortly before his accomplishments in Australia, his grandfather died.

"He was the last person I was thinking about before I got onto the block and my first thought after I realized I won the gold medal," Hayden said. "It was really hard trying not to cry in my interviews because I knew I wasn't going to see him when I got home."

"There'll be no excuse. I'm going for gold."

Brent Hayden

And shortly after swimming in the Olympics in Athens four years ago, Hayden inadvertently walked into a street demonstration while out on the town and wound up being beaten by Greek police officers.

"I saw a psychologist because of that," he said. "It took me months to get over it. When I tried to get back into training, I'd have mental breakdowns and would start crying."

He hopes to be crying tears of joy in Beijing.

Tennis federation not happy with IOC

DECISION The International Tennis Federation is not pleased about a decision rendered by the Court of Arbitration for Sport ruling that German tennis player Rainer Schuettler will be allowed to compete in Beijing. Schuettler did not meet the ITF's qualification criteria but was named to the German team over another player who did. The ITF said the decision could jeopardize its involvement in future Games. **METRO NEWS SERVICES**

Tomorrow's lineup

NO EXCUSES Adam van Koeverden isn't suggesting carrying his country's colours will be detrimental to his success. Pick up tomorrow's Metro for more.

3 days remain until the official start of the 2008 Summer Olympic Games in Beijing.



World champion Brent Hayden, of Mission, B.C., suffered a back injury in the winter. But that's not going to keep him from trying to win a gold medal in Beijing, he says.

Berry looking for a medal shot

As Toronto's Michael Barry relives the last lap of the road race at the 2004 Athens Olympics, one can detect the excitement — and disappointment — in his voice.

In a race of attrition that saw many favourites vanquished by 40 C heat and several crashes, Barry was alone in third place with

about 1½ kilometres to go when his legs seized up with cramps. He was passed by Belgian Axel Merckx, who went on to win bronze.

"I was pretty damn close to achieving what I wanted to achieve, which was a medal," said Barry. "I'd like to give it a shot again."

And he will do just that

on the first full day of competition Saturday at the Beijing Olympics as part of a Canadian road race team.

In a season where Barry was crushed after being left off Team Columbia's roster for the Tour de France his longtime friend Clara Hughes suspects he'll be looking for some redemption. **TORSTAR NEWS SERVICE**

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Calgary Foothills Hospital

Sweetened fruit drinks are often marketed as a healthier alternative to non-diet soft drinks but are just as likely to cause weight gain and increase the risk of diabetes, researchers said last week. **REUTERS**

Health



Increased stroke risk

Nonsmokers married to smokers have a greatly increased chance of having strokes, according to a U.S. study published last week showing yet another hazard from secondhand smoke. Being married to a smoker raised the stroke risk by 42 per cent in people who have never smoked compared to those married to someone who never smoked, the researchers said.

REUTERS

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Going gets rough

Urinary tract infections can be more prevalent in summer

CELIA MILNE
for Metro Canada



Do you feel like you have to pee all the time?

You're certainly not alone. You may have a bladder infection or an infection in another part of your urinary tract (urethra, ureters or kidneys).

Urinary tract infections are a common problem in women, and may be more prevalent in the summer.

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months," says Dr. Dan Ezekiel, a family doctor in Vancouver.

These infections often

occur in women after sex and "maybe there is more sex going on in the summer," surmises Dr. Ezekiel.

Signs of a UTI are: burning sensation when you pee; needing to go pee often; feeling the urge to urinate even when you don't need to; leaking urine; blood in the urine; fever; feeling sick. If you have these signs, you should see a doctor, who can treat the infection with antibiotics and also rule out a more serious illness.

The best way to prevent UTIs is to drink plenty of fluids, as they will help flush away the infection.

Cranberry juice — especially the unsweetened kind found in health food stores

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months... (and) maybe there is more sex going on in the summer."

Dr. Dan Ezekiel,
family doctor

— is useful in helping prevent these infections.

Dr. Ezekiel also suggests cleaning your genital area well and/or douching after

having intercourse.

Other tips, adapted from the College of Family Physicians of Canada website, include:

- Don't hold your urine; go to the bathroom as soon as you need to.
- After a bowel movement, wipe from front to back, as infection can spread from the anus to the urethra.
- Go pee right after having sex, to help wash away bacteria.
- Try using a water-based lubricant, such as K-Y Jelly, during sex.
- Women who use a diaphragm are more susceptible to UTIs, so try a different method of birth control.



Two ways to prevent urinary tract infections are to drink plenty of fluids and to avoid holding your urine.

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Savory salad helper

Unrefined olive oil (look for "extra virgin" on the label) makes a great base for salad dressings and is also safe for use in cooking. In recent years, research studies have shown low incidence of cardiovascular disease in southern Mediterranean regions, where consumption of olive oil is high. **ALIVE MAGAZINE**



More than a quarter of babies in Canada are now born by C-section.

Convenient births

CELIA MILNE
for Metro Canada

**Put it in your calendar.
Wednesday at 9:30 a.m.:
Give Birth.**

More than a quarter of babies in Canada are now born by C-section. This rate is higher than ever before, and rising, warn members of the Society of Obstetricians and Gynecologists of Canada.

Part of the reason for this trend may be women and their doctors wanting

birth to be scheduled and convenient. Many of the caesarean sections are unnecessary, and carry excess risk for women and their babies, as well as placing an extra burden on an already-overwhelmed system.

"We fear that there may be an emerging trend towards more scheduled childbirth and routine intervention," Dr. Guylaine Lefebvre, president of the SOGC, said in a statement. "We need to be sure that C-sections are not driven

by convenience, that interventions are medically indicated, and that the safety of a woman and her baby are the driving factors in these decisions."

For low-risk births, C-sections are more risky than vaginal births. Rare but possible complications include infection, bleeding, scarring, chronic pelvic pain and damage to the intestines and bladder. They also increase the likelihood of needing a caesarean in subsequent pregnancies.

Help is just a nail file and bottle of polish away

've never understood paying a psychiatrist to explain what's wrong with me. I have relatives who'll do that for free.

But, if I'm feeling a little down I do spend an hour with a trained professional: Marni, my manicurist. When you're in Marni's chair, the only thing that might be blue is your polish.

Marni: "I dunno. Men. You can't live with them, you can't push them in front of a train. Ask my

aunt. I told my fiancé I'm not going to work once we get married. Just sit home all day. You know what he said? 'That's OK by me, honey.'

What's that about? I'd go crazy staying in that apartment. I said, 'I have to get out, you know. Women need to work too.' And he said, 'If you want to work, that's OK.' What am I supposed to do with that? He keeps changing his mind.

Stick out your tongue. Oh that's bad. I read an article. You're not eating enough liver. Or too much. One or the other. I've got a recipe. Put a chicken liver in a pan with the claws and beak and everything. You know, like usual.

Add mugwort. Whatever kind you got, you don't need the fancy type. Cook it over low, medium low, high heat. Take that look right out of your tongue. And, if you got any left, you can use it to clean your countertop. Works perfect.

What colour you want today? Not pink. You're a Leo. Pink isn't good for Leos. If you were Gemini

you could have pink, no problem. For Leo, wearing pink saps your power. I read an article. Orange. That's your power colour. Makes you virile. Or maybe agile. Either way it's good, eh?

My fiancé is giving me

HineSight

Anne Hines



trouble. Keeps wanting to get married. I said we'll get married when we've been together a little longer. So far? Eight years. I don't want to rush into anything, you know? Today marriages last 22 years. I read an article. So, we get married when we're 60, then no divorce.

Who's got the energy to get divorced when they're 82? I mean besides my aunt, but she ate a ton of liver, you know?

OK, all done. Next time we'll do a pedicure. Women who get pedicures never have depression. It's true. I read an article."

And you know what? I believe her.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Research Study for Type 2 Diabetes Controlled Through Diet and Exercise Participants Needed

What is the goal of the study?

The goal of the study is to test the safety of a new oral medication to treat diabetes.

Who can enter the study?

Persons with type 2 diabetes who: are currently managing their diabetes through diet and exercise; are between the ages of 31-75 years; and have never received insulin therapy. Additional inclusion and exclusion criteria will be reviewed at time of screening.

What are the study participants asked to do?

Participants will spend a total of seven nights in the University of Alberta Hospital and make six visits to the research unit. Participants will be asked to take a new oral medication. Participants will undergo several monitoring tests (vital signs, ECG, blood and urine sampling).

Are participants compensated?

Participants will be compensated at a rate of \$20/hour for a maximum of 244 hours for their involvement in the study.

Who can I contact for more information?

You may call 780-407-2965 or email kate.bailey@capitalhealth.ca to learn more about the study.

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Music Keane have announced details of their new album. The trio said it has experimented on Perfect Symmetry, the band's third studio LP. It's due out Oct. 13. ANANOVA.COM

Entertainment

ENTERTAINMENT EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA



Thriller

Nicolas Cage, left, and director John Carpenter are to team up for a prison thriller, *Scared Straight*. Filming is to start in October.

Ananova.com

Applegate fighting cancer

Diagnosis made during a regular MRI screening

Actress Christina Applegate, famed for playing the ditzzy daughter Kelly Bundy on television comedy *Married ... With Children*, is fighting breast cancer, but is expected to make a full recovery, her spokeswoman said the weekend.

Applegate, 36, was diagnosed with cancer during a regular MRI, spokeswoman Ame Van Iden said in an e-mail.

"Christina is following the recommended treatment of her doctors and will have a full recovery," Van Iden said.

Applegate, whose mother, Nancy Priddy, battled both breast cancer and cervical cancer, has been an advocate for breast cancer research.

She rose to fame in the

"Christina is following the recommended treatment of her doctors and will have a full recovery."

Ame Van Iden, spokeswoman

1980s on *Married ... With Children*, won an Emmy for a guest role as Jennifer Aniston's sister on *Friends*, and now plays an amnesiac in her own television sitcom, *Samantha Who?*

Applegate's cancer diagnosis was reported earlier by the Hollywood gossip TV show *Extra*.



Christina Applegate was diagnosed with breast cancer, but is expected to make a full recovery.

REUTERS

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to studio estimates:

1 The Dark Knight:
\$43.8 million US

2 The Mummy: Tomb of the Dragon Emperor:
\$42.5 million

3 Step Brothers:
\$16.3 million

4 Mamma Mia!:
\$13.1 million

5 Journey to the Center of the Earth: \$6.9 million

6 Swing Vote:
\$6.3 million

7 Hancock:
\$5.2 million

8 WALL-E:
\$4.7 million

9 The X-Files: I Want to Believe: \$3.4 million

10 Space Chimps:
\$2.8 million

REUTERS

Entertainment in brief

DEFENDING HER FRIEND Nikki Blonsky's friend and Hairspray costar Brittany Snow is taken aback at the news of Blonsky's arrest for alleged assault, People.com reports. "I really hope the best for her, ... she's one of the sweetest girls I've ever met, so I just hope it works out — and it will, because she's a good person, and good things happen to good people."

Blonsky, 19, and her father, Carl Blonsky, were arrested following a brawl involving the family of America's Next Top Model contestant Bianca Gold in the departure lounge of the Providenciales International Airport in the Turks and

Caicos Islands. Golden was also charged with assault.

METRO NEWS SERVICES

MUSIC Swedish pop group ABBA made British chart history on Sunday as its *Gold — Greatest Hits* compilation became the oldest album to reach No. 1, thanks to the hit movie musical *Mamma Mia!* First released in 1992, the compilation has topped the charts on four previous occasions, but Sunday's achievement was the first time an album had taken the number one spot after such a long interval, said the Official UK Charts Company.

METRO NEWS SERVICES

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metro
Do it daily.

Film festival Madonna presented her film about Malawi orphans at the Traverse City film festival on Saturday. **BBC NEWS ONLINE**

entertainment 13

Tracking the Madness

IntelleVision



MAD ALL OVER (AGAIN): The only time my vacation felt like exile was when I realized I'd be missing the season two premiere of AMC's Mad Men.

Thankfully, this is 2008, not 1962, and the magic of the Internet will solve almost anything, though thanks to two weeks in the Nova Scotia countryside meant that I'd missed the final, fever pitch of the US\$8 million promotional campaign AMC put behind the show. It apparently paid off, with nearly two million viewers tuning in for the return of Don Draper and the men and women of Sterling Cooper, though the numbers for Sunday's episode will tell how many new pairs of eyes Mad Men has retained.

For all the praise the show has received — and the critical consensus following the season debut was almost universally agog — it has to be remembered that Mad Men's numbers are still a fraction of, say, the average audience for an episode of House.

While the show's viewers are largely part of a demographic that advertisers crave — adult professionals earning more than \$100K a year — it remains to be seen whether simple economics might see the show succeed itself right off the schedule, proving itself a luxury, not an asset, for AMC. In the meantime, the show has become a cultural event, influencing fashion — Michael Kors new line is openly influenced by the styles of the pre-Beatles early '60s, and department stores are scouring rental houses for Eames chairs and Herman Miller office furniture for their Mad Men windows — while the prominent placement of a book of poetry by Frank O'Hara rocketed the book thousands of spots up on amazon.com.

Disappointment is my constant friend, but I can't say that creator Mark Weiner, the show's cast and writers have lapsed into complacency with the season's first two episodes.

The men of Mad Men haven't proved to be as fascinating overall,



Coming soon to Mad Men: The social upheaval of the 1960s.

though Paul Kinsey's beard is clearly a harbinger of coming social turmoil. Still a brooding cipher despite the revelations of the first season, the show's nominal protagonist, Jon Hamm's Draper, doesn't have much to offer so far besides some incipient health problems.

By Sunday's episode, Vincent Kartheiser's oily, opportunistic Pete was

yielding more abundant dramatic dividends, and it's hard to imagine him receding into the background, especially since he's one of the few employees of Sterling Cooper who, to quote Bob Dylan, doesn't need a weatherman to know which way the wind is blowing.

Rick McGinnis writes about music, movies, books and television, but not opera.

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	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/5/08	2	CFRN	239 318	eTalk	Jeopardy!	Canadian Idol	Robson Arms	Criminal Minds (HDTV)	Without a Trace (HDTV)	News (N)		
	3	KHQ	- 370	News (N)	Jeopardy!	Wheel-Fortune	22 Minutes	Celebrity Family Feud	America's Got Talent (N)			
primetime	4	CBXT	- 307	Coronation St.	Just-Gags	Rick Mercer	Friends	NCIS "Episode 5"	CBC News: The National	The Hour		
	6	KREM	- 372	News (N)	Hollywood	Friends	Scrub	NCIS "Angel of Death"	Big Brother 10 (N)	Without Trace		
news	7	CKEM	241 347	Friends	Friends	Reaper		To Be Announced	I Survived a Japanese Game Show (N)			
	8	CTV	240 339	ET Canada	Entertainment	In Plain Sight (N)		Wipeout (N)	Big Brother 10 (N)	News Hour		
sports	12	CBXFT	119 705	Des squelettes	Tout	Beautés désempées (SC)		Bons baisers de France (SC)	Le Téléjournal (N) (SC)	TJ Alberta		
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout (N)	(10:01) I Survived a Japanese Game Show			
family	16	KATV	- 373	70s Show	The Simpsons	Two/Half Men	Two/Half Men	Kitchen Nightmares (PA)	House (HDTV PA)	News (N)		
	19	CHTV	- 370	70s Show	El News	Real Housewives		Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)
cable variety	22	KSPS	- 374	NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Nova (DVS)		Wild! "Russian Brown Bears"	Wide Angle	Touch-Beijing		
	24	WTVS	- 364	Campaign TV	Wide Angle	Campaign TV		Office Gossip	The Savages	Tavis Smiley	Charlie Rose (N)	
cable variety	15	CBCCN	502	- CBC News: The National		A Whale of a Tale		CBC News: The National		Whale-Tale		
	21	TWN	505 398	(5) EarthWatch One	EarthWatch One	EarthWatch One		EarthWatch Two				
cable variety	27	CNN	500 500	Larry King Live	Larry King Live	Anderson Cooper 360 (HDTV)		Business News	CTV Newsnet	News	CTV Newsnet	Cooper 360
	54	CTVN	501 391	CTV Newsnet	CTV Newsnet	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News
cable variety	70	BNN	504 508	Franklin Templeton	Market Call	Market Call		Market Call	Workopolis TV	Taking Stock		
	20	TSN	400 400	MLB Baseball	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)		Off the Record	World Extreme Cagefighting (HDTV)			
cable variety	23	net	408 418	World's Toughest Cowboy	Countdown to UFC 87	Countdown to UFC 87		Heads-Up Poker	Sportsnet Connected	Best-Sports		
	47	SPEED	417 406	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips	Low Life	
cable variety	94	SCREE	410 403	Basketball: Australia vs. U.S.	Score Tonight	To Be Announced						
	9	EDACC	267 351	Law & Order: Criminal Intent	Landed: Lives in Canada	Landed: Lives in Canada		Celebrity Family Feud	Ext. Evidence	I, Detective	Help TV	
cable variety	14	YTV	552 543	Drake & Josh	Prank Patrol	Prank Patrol		Fries That?	Futurama	Mystery Hint.	Falcon Beach	
	17	TREE	553 546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears?	Dragon (DVS)	Dora-Explorer	Go, Diego, Go!	
cable variety	42	TOON	555 545	Steen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	Steen	Total Drama	Futurama	Beavis, Butt
	45	FAM	557 541	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
cable variety	18	CMT	575 583	Reba	Hope & Faith	Les Anges de la rénovation	Home Improve.	CMH (SC)	Caméra café	La Grande Évasion (HDTV)	TVA 22 heures	Home Improve.
	25	A&E	615 520	The First 48 (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)	The First 48	
cable variety	26	MMM	571 581	40 Hottest Hotties of the '90s				Listed	40 Hottest Hotties of the '90s			
	29	FOOD	603 561	HEAT-McEwan	HEAT-McEwan	ReGenesis (HDTV)		Restaurant Makeover	Iron Chef America	HEAT-McEwan		
cable variety	31	SHOW	617 522	Trailer Park	Billable Hours	Top Chef "Improv"		Blue Murder	Trailer Park	Kenny-Spenny	CSI: NY	
	32	DISC	520 505	Mighty Ships Vehicle carrier.	Deadliest Catch (N)	Deadliest Catch (N)		Daily Planet	Mighty Ships Vehicle carrier.	Deadliest		
cable variety	33	SLICE	601 562	Shear Genius	Plastic-Perfect	Matchmaker		Newlywed	In Laws	Shear Genius	Plastic-Perfect	
	34	W	602 567	Shopping Bags	House	Will & Grace	Friends	Mixed Out	Style by Jury	Kim	Style by Jury	Good Naked
cable variety	35	TL	521 560	Must Love Kids (HDTV) (N)	Wear-Triples Thread	Wear-Triples Thread		Say Yes-Dress	Reception	Must Love Kids (HDTV)	Triples Thread	
	36	BRAVO	602 523	Smokey Joe's Cafe	Live at the Rehearsal Hall	Live at the Rehearsal Hall		Law & Order "Barter"	Without a Trace			Entourage
cable variety	38	SPICE	628 584	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.		CSI: NY "On the Job"	CSI: Crime Scene Investgtn.	Digging for the Truth	Trek: Voyager	
	40	HIST	522 506	(6) Hiroshima (1995)	NCIS "Model Behavior"	NCIS "Model Behavior"		Crime Stories	The Simpsons	South Park	Comedy Inc.	
cable variety	41	COM	626 547	Laughs	Comics	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.
	43	SPACE	627 528	Blood Ties (DVS)	Battlestar Galactica	Battlestar Galactica		Stargate SG-1	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Ent.	
cable variety	44	WPCH	294 650	Diary of a Mad Black Woman	The Single: Monica	The Single: Monica		Seinfeld	Fraser	Diary of a Mad Black Woman ** (2005)	Survivorman	
	46	OLN	411 457	Angry Planet	Surf Patrol	Adventures	Strand-Peters	Pilot Guides		Don't Forget Your Passport	Seinfeld	
cable variety	48	TROP	619 525	Tube Tales	Vanity Insanity	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	
	50	STAR	621 527	Hollywood Sugar Mamas	The Tonight Show-Jay Leno	The Tonight Show-Jay Leno		eTalk	TMZ	Hollywood Sugar Mamas	Seinfeld	
cable variety	52	HGTV	600 564	Colin & Justin's Home Heist	The Stagnos	The Stagnos	Green Force	Holmes on Homes	Raymond	Raymond	Raymond	
	65	TLN	700 800	(6) Palla al Centro	Willowgoad	La Course		Le vol de l'aigle	The Journey Richard Peter. (N)	Highlight		
cable variety	92	APTN	269 530	First Talk	News	Willowgoad	La Course	Le vol de l'aigle	Quantum Leap	Eyes Down	G's to Gents	
	93	VISION	261 394	Quantum Leap	From G's to Gents	From G's to Gents (N)		MTV Live	Second Half	Living on Edge	Living on Edge	
cable variety	100	MTV	581 566	Brinyer: Spared By The Paps	Instant Star	Instant Star		Gone Wild	Gone Wild	So You Think You Can Dance	Dance	
	102	CPAC	570 580	Question Period	Revue Politique	Headlines.		Primetime Politics	Question Period	Psychic Witness	Psychic Detect	
cable variety	103	CLT	526 507	Psychic Detect	Ext. Evidence	Traders		The West Wing	Journal TV5	Viva Americas	Psychic Detect	
	105	TVS	145 761	La Prophétie d'Avignon	La Zone des Champions	La Zone des Champions		Journal TV5	Viva Americas	Sur les traces de...	Nova	
cable variety	106	RDI	126 730	Le Téléjournal (SC)	RDI en direct	Le National		Le Téléjournal (SC)	Le Journal RDI	Le National	Le Téléjournal	

critics' corner

Kitchen Nightmares

"Kids. I don't know what's wrong with these kids today ...". It's great when the next generation joins the family business, not so great when they're jerks. That's the dilemma faced in this episode by the owner of a restaurant on New York's Long Island, whose son, the head chef, is alienating staff and customers alike. Time for Gordon Ramsay to play family counselor as well as restaurant reformer ... and dish up some tough love. 9 PM on KAYU



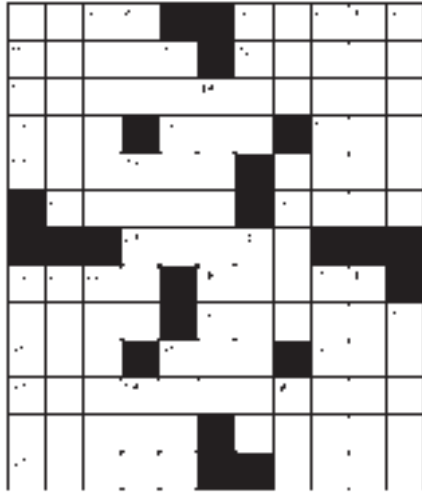
Smokey Joe's Cafe: The Songs of Leiber and Stoller

If you didn't see it live on-stage, you can still get some of "Smokey Joe's" magic through this special, which records the final performance of the longest-running musical revue in Broadway history. Stars include Ken Ard, Adrian Bailey, Matt Bogart, Brenda Braxton, Victor Trent Cook, B.J. Crosby, DeLee Lively, Deb Lyons and Frederick B. Owens 6 PM on BRAVO



Bonet heading to Mars
Former *Cosby* Show star Lisa Bonet, left, is joining the cast of ABC's adaptation of the time-tripping U.K. cop drama *Life on Mars*. She will play Jason O'Mara's present-day girlfriend. **EW.COM**

Take Five



Crossword down

- 1 Squall
- 2 Excuse
- 3 "Anchors —"
- 4 Fellows
- 5 Autograph
- 6 Ulma's place
- 7 Hired
- 8 Overrun
- 9 Lace's place
- 11 Consume to survive
- 14 Edvard Grieg, for one
- 19 Filth
- 20 Partners
- 24 Fail to follow suit
- 25 Pants
- 26 Spot for ten-spots
- 27 Smitten

- 29 Peaceful
- 30 Steamy
- 33 Lott of the Senate
- 35 Mouthwash flavor
- 38 Sermon subject
- 39 "— Kapital"

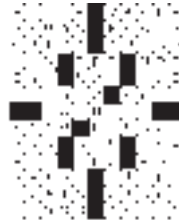
Play more games online at: metronews.ca

Crossword across

- 1 Con
- 5 Composer Erik
- 10 Lockerroom item
- 12 Bitter humor
- 13 Chess start
- 15 King, in France
- 16 Part of some German names
- 17 Penn of "House"
- 18 Holdup man
- 20 Style
- 21 Toss
- 22 Without — (risky way to work)
- 23 Like neon
- 25 Do some laps
- 28 Gaggles members
- 31 Highway division
- 32 Ad section
- 34 Maximum amount
- 35 West of films
- 36 France's Côte —

- 37 Deed transfer time
- 40 Spacey or Kline
- 41 Dine at home
- 42 Artery opener
- 43 Church offshoot

previous day's answer



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Support is found for a proposed endeavour. You're seen as a force of nature. Progress is made in a passionate connection.

TAURUS

APRIL 21-MAY 21

Critical mass is reached in relationship issues. Random acts of kindness will delight you. Electricity problems cause distress.

GEMINI

MAY 22-JUNE 21

You will be as merry as the day is long. Don't be fooled by current events. Surprising notes are discussed.

CANCER

JUNE 22-JULY 22

Learn to fend for yourself. Someone's confusion will force you to think logically. Don't shut out the possibility of a complete cure.

LEO

JULY 23-AUG 23

Use your natural talent for making conquests. An annoying uncertainty crops up about a friend. Your dedication wins some points.

VIRGO

AUG 24-SEPT 22

Good fortune comes to you. A pushy person makes himself at home. You'll be getting ahead in romance.

LIBRA

SEPT 23-OCT 23

You'll back down quickly when you're wrong. Other people's selfishness gives you grief. The queen of denial is coming for a visit.

SCORPIO

OCT 24-NOV 22

An animated chat informs you of a performance. Get back to basics with a friend. A bad guy is intimidating because he has no respect.

SAGITTARIUS

NOV 23-DEC 21

A man won't rest till a problem is fixed. A disappointment determines the end of a discussion. Losing something causes no pain.

CAPRICORN

DEC 22-JAN 20

A powerful image generates an investment strategy. A callous remark affects your mood. Be rational about bitter deeds.

AQUARIUS

JAN 21-FEB 18

When others panic, you'll go with the flow. There's an amusing surprise in store. Meet with a traveller for help with a scheme.

PISCES

FEB 19-MAR 20

A man will try to do the right thing. Someone with integrity is a welcome addition. A wise guy trying to win a stupid game is humbled.

IT'S ALL ABOUT THE BUZZ.

Read Metro's *Celebrity Buzz* daily to get the scoop on Hollywood's latest gossip.

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This day in history

AUG. 5, 1305: William Wallace, who led Scottish resistance to England, is captured by the English near Glasgow and transported to London for trial and execution.
AUG. 5, 1861: The United States Army abolished flogging.
AUG. 5, 1884: The cornerstone for the Statue of Liberty is laid on Bedloe's Island in New York Harbor.
AUG. 5, 1914: In Cleveland, Ohio, the first electric traffic light is installed.
AUG. 5, 1969: As part of the Mariner program, Mariner 7 makes its closest fly-by of Mars (3,524 kilometres).
AUG. 5, 1981: Ronald Reagan fires 11,359 striking air-traffic controllers who ignored his order for them to return to work.

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	1	7	6	9	2	4	8	3
4	6	8	1	7	3	5	2	9
9	2	3	5	4	8	1	7	6
2	8	5	9	6	1	7	3	4
3	9	4	8	2	7	6	5	1
1	7	6	4	3	5	2	9	8
8	3	2	7	1	4	9	6	5
6	5	1	2	8	9	3	4	7
7	4	9	3	5	6	8	1	2

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

Sudoku

	3	1		9	8	2		
	6				4			9
				1	7			
		4				8	7	
				5		3		
	2	5				9		
				5	6			
4				7				6
		6	4	3		1	2	

17-21: Smart
21-25: Not bad
25+: Keep practising
[more games metronews.ca](http://metronews.ca)

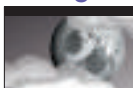
Edmonton weather

Afternoon



Mainly sunny.
22°

Tonight



Clear.
Low 10°

Wednesday



Sunny.
26° / 11°

Thursday



Sunny.
27° / 18°



60%
Showers.
25° / 14°

Temperature Normals
High: 23.2°
Low: 10.6°

Records
High: 34.5°/1998
Low: 3.3°/1924

Sunrise: 5:57 a.m.
Sunset: 9:21 p.m.
Moonrise: 11:38 a.m.
Moonset: 10:26 p.m.

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Brad, Angelina introduce twins to world — at a price

Actors Brad Pitt and Angelina Jolie have shown off their month-old baby twins, Knox Leon and Vivienne Marcheline, for the first time in People magazine. The couple sold the rights to the first pictures to People for an estimated \$14 million US. **IMDB.COM**

Celebrity Buzz

Boy George talks about drug use

PEOPLE Boy George only quit drugs at the end of last year, femalefirst.co.uk reports.

The former Culture Club front man — who has revealed he used to be a heroin addict — says he spent much of the last five years taking illegal substances every day.

"I've been strung out on drugs for the last five years. But this time I'm clean for good. I don't want to die," he said. "I've spent five years in this chemical cloud. Getting clean at the end of 2007 was a very big thing. I was using half my

brain, half my personality on drugs. One day I took a little and then I was on four grams a day. Up until six months ago, I had a really bad problem."

The singer has now vowed to stay clean for good.

"A friend took me to a Narcotics Anonymous meeting and I was like an old f—ing man. I could barely walk I'd been using so much f—ing drugs," he told Q magazine.

METRO NEWS SERVICES



ALL PHOTOS GETTY IMAGES

'Shifty' gives sobriety new shot

PEOPLE Crazytown front man Seth Binzer is having another go at sobriety after returning to the TV program Sober Living, imdb.com reports.

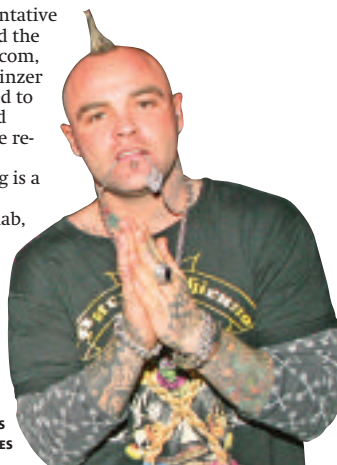
Late last month, the rocker walked out of the California mansion, where the show's contestants attempt to rebuild their lives without drink and drugs, and allegedly embarked on a heavy binge.

But Binzer — formerly known as Shifty Shellshock — has now re-entered the Sober Living house in an attempt to kick his habits once and for all.

His representative has confirmed the news to TMZ.com, adding that Binzer has apologized to his family and friends for the relapse.

Sober Living is a spinoff from Celebrity Rehab, which previously helped Binzer get clean with the assistance of addiction specialist Dr. Drew Pinsky.

METRO NEWS SERVICES



"This makes no sense at all..."

by Joe O'Neill

John Mayer helped make **Jessica Simpson** the woman she is today? OK, Jessica, I'm no therapist, but the first step in fixing what's broken is to stop pointing fingers at others and beginning to acknowledge your own personal responsibility in whatever disasters you have helped to create. This is true whether we're discussing your own life, or the Dukes of Hazzard movie.

Listen, I don't want to hear about Crazytown's front man getting clean and sober. I want my Crazytown in its original condition. Crazy! Like a town full of crazies. Listen up, **Shifty Shellshock**, there's a reason your band isn't called Well-Adjusted Village, or Level-headed Hamlet. Stay crazy, or lose me as a fan!

Pamela Anderson's ban on closeups is only a stop-gap measure. She has doctors working round the clock on perfecting the first "head transplant." Now if only she could find a donor. I wonder if they froze **Jayne Mansfield's** head? Could be a perfect match.

I pity **Boy George**. It's nice that he appears to have quit the junk, but inevitably someone's going to play his old Culture Club records for him. And that's more than anyone should be asked to endure without the aid of contraband substances.

NEWSDESK@METRONWS.CA

celebrity brief

Jess knew she, John would split

RELATIONSHIPS Jessica Simpson always knew she would split up with John Mayer, because she felt destined to be with someone else, femalefirst.co.uk reports.

The pop star broke up with ex-husband Nick Lachey in 2005 after three years of marriage.

"I was going through a lot of pain," she tells the new issue of Elle magazine. "I didn't try anything to change my life

other than dating different types of guys and conforming to their worlds. I thought I had to be artsier, more intellectual ... John believed in the Jessica Simpson that's within. He cherished our love. He helped make me the woman I am today. John is going to be an amazing man for someone, but I know that I was supposed to be with someone else."

METRO NEWS SERVICES



Pamela puts kibosh on closeups

TELEVISION Pamela Anderson has banned close-up shots of her face during filming of her new reality show, femalefirst.co.uk reports.

The actress, 41, is starring in Pam: Girl

on the Loose.

"Producers have been informed she has to appear in only flattering lighting — and closeups on her face are apparently a no-no," a source said.

METRO NEWS SERVICES



Jake, Reese deny engagement

RELATIONSHIPS Reps for actors Reese Witherspoon and Jake Gyllenhaal are denying tabloid reports that the couple are engaged, People.com reports.

"They are not engaged, getting married or any of the reports," the reps said, calling the reports "lies."

Witherspoon, 32 and Gyllenhaal, 27, began quietly dating in April 2007. They recently were seen together in Paris with Witherspoon's kids.

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WAL-MART

Zellers

(1) Local anytime minutes apply. (2) Excludes premium messages. Includes international text messages. (3) Unlimited local calling from 7pm to 8am, Monday through Thursday and from 7pm Friday to 8am Monday. (4) Taxes are extra. © 2008 Koodo Mobile.